

# Áine MacNamara & Declan O'Leary

## Coaching Teenage Girls





**Áine MacNamara**  
**Declan O'Leary**  
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# SENSE OF BELONGING YOU!



## Participation (CSPPA Study, 2018)

- 77% of primary school girls participate in community sport at least once a week.
- 1 in 3 of these girls drops out of community sport in secondary school.
- Girls are 40% (1.4 times) more likely to drop out of community sport in secondary school than boys.
- Of significant concern is that 45% of post primary girls reported never participating in community sport.



- Drop out from sport is not a homogenous phenomenon across sport. Female participation rates and dropout rates differ from sport to sport.
- What's important - Social Support and Internal Motivation, and for girls - Competence
- *Not a “one size fits all” solution to the youth sport dropout problem.*
  - WE ALL CAN PLAY A ROLE IN ADDRESSING ENGAGEMENT - RETENTION - REDUCING DROPOUT!

**OVER?**



**UNDER?**






**The Answer is (nearly always!)  
IT DEPENDS!  
And ON WHAT!**

the same boiling water that softens the potato hardens the egg. It's not about the circumstance, but rather, what you are made of.

# Coaching is a Decision Making Process



As to methods, there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods.

Ralph Waldo Emerson

[www.sportireland.ie](http://www.sportireland.ie)

## Principles before Methods

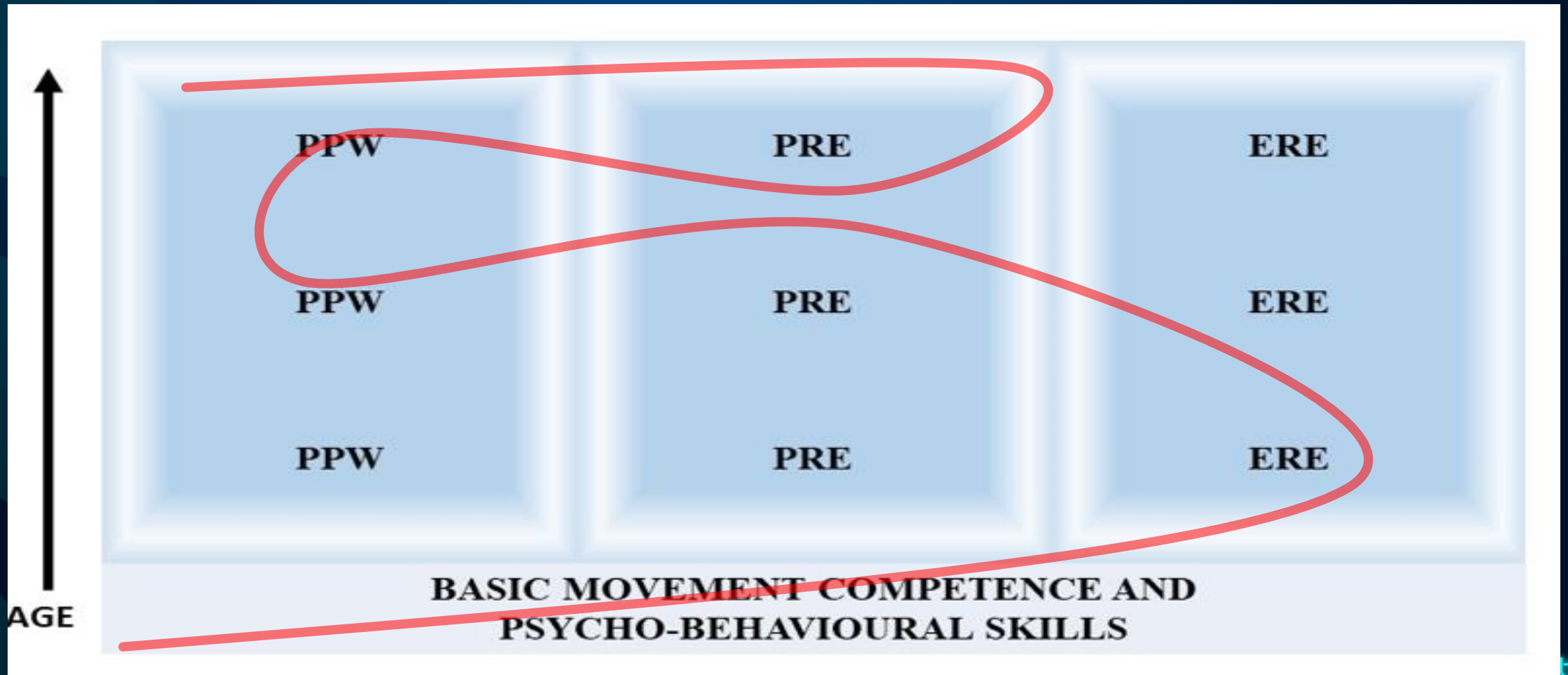


- It is 2032...

What would you like your current players to remember about your coaching?

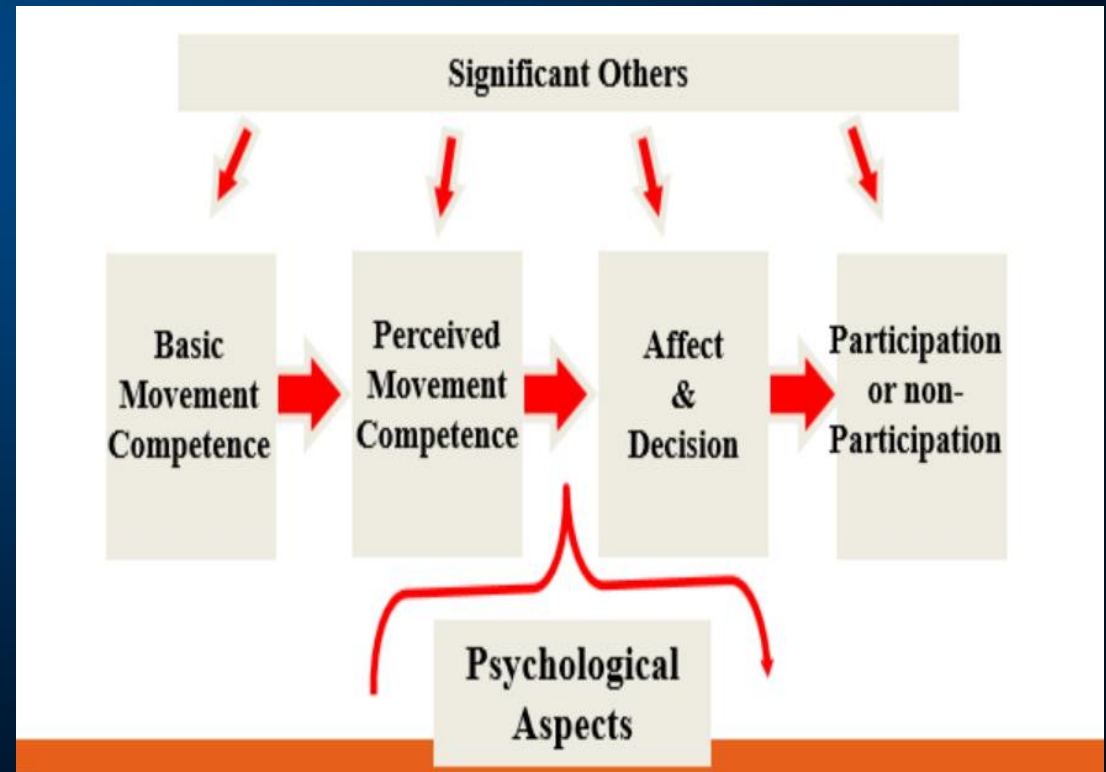
**Think about what  
YOU would like to  
be remembered  
for, and then  
work backwards**

# Life Long Participation Across The Three Worlds



# Why Girls Stay in Sport?

- Actual competence
- Perceived competence
- Confidence – give it a go-ness
- Stick with it-ness





# What (might) Get in the Way?

## Competition and Structures

### So we need....



#### Developmentally Appropriate Competition that Emphasises...

- Fun (but what does that mean?)
- Movement and Perceived Competence
- Time to learn, practice, make mistakes
- Lots of decisions, actions
- Autonomy and independence
- Variability
- Confidence 'Give it a Go-ness'
- Experiences that build confidence
- Skills that allow confidence



# What (might) Get in the Way?



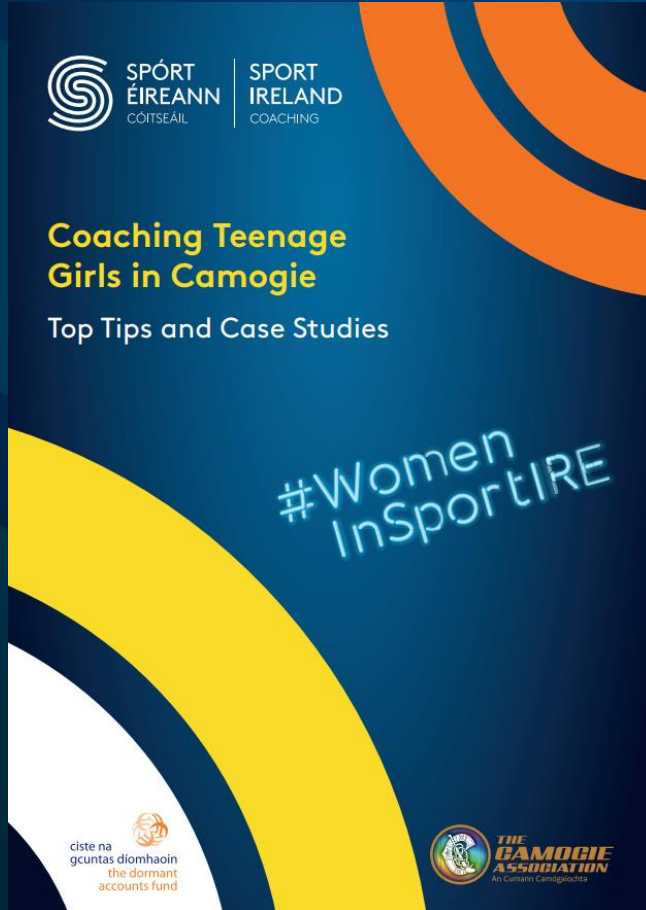
# Coaching Girls in Sport

A way to improve – the Big 5  
(Collins & Collins, 2022)

1. “What did you do?”
2. “Why?”
3. “What alternatives did you consider?”
4. “What would have changed to make you chose one of these?”
5. “When (and how) will you discover whether you made the best decision?”



# Coaching Girls in Sport



# Coaching Girls in Sport – TOP TIPS

1. Create sessions that reflect things that girls value in their daily lives

2. Ensure sessions are well planned to give girls the opportunity to improve and feel good about themselves

3. Use positive and appropriate language and tone

4. Give girls more voice and choice

5. Take time out from training to just have fun

6. Provide clean toilets with sanitary products

7. Provide appropriate clothing

8. Be great allies

# IN PRACTICE – CASE STUDY

## Ballyhale Shamrocks Camogie Club

### Immediate changes

- Time to talk in training
- Up the fun!
- Taking control (the players fundraise and design their kit)
- Sharing the leadership
- Guest coaches

### Future plans

- Education (coaches and players)
- Team building



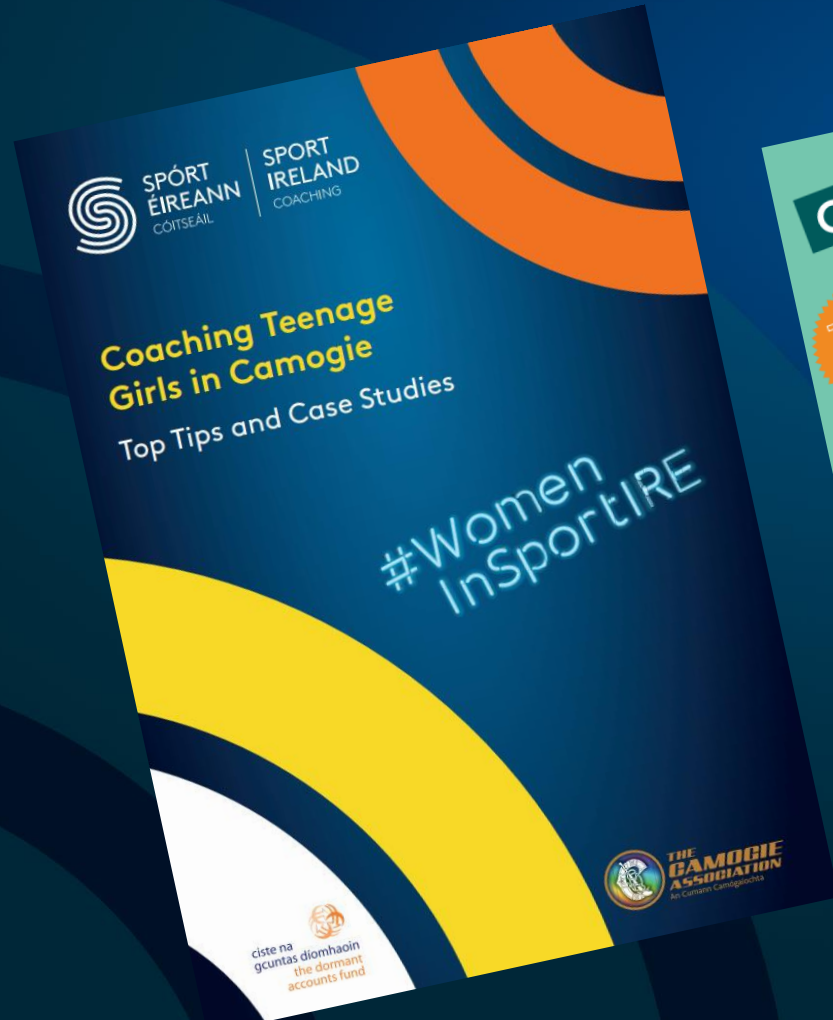
# SIGN-POSTING



# Coaching Teenage Girls in Sport Workshops

- Either multi-sport or sport specific
- Run by Local Sports Partnerships and National Governing Bodies
- 80+ in Ireland over the past year with 1400+ coaches attending

# Coaching Teenage Girls in Sport





# Sport Ireland Research

What really matters in girls lives (aged 14-15 years) through 5 key anchors:



Adolescent Girls Get Active | Sport Ireland

Coaching Toolkit | Sport Ireland

National Governing Body – Women in Sport Officer



# Other sources of support:

**I COACH KIDS: MOOCs ICK: Log in to the site ([icoachkids.org](https://icoachkids.org))**

**ICOACHKIDS World - YouTube**



**NIKE – Made to Play: Made to Play: Coaching. Nike IE**



01  
BE  
CHILD-  
CENTRED

02  
BE  
HOLISTIC

03  
BE  
INCLUSIVE

04  
MAKE IT  
FUN AND SAFE

05  
PRIORITISE THE  
LOVE FOR  
SPORT OVER  
LEARNING  
SPORT

06  
FOCUS ON  
FOUNDATIONAL  
SKILLS

07  
ENGAGE  
PARENTS  
POSITIVELY

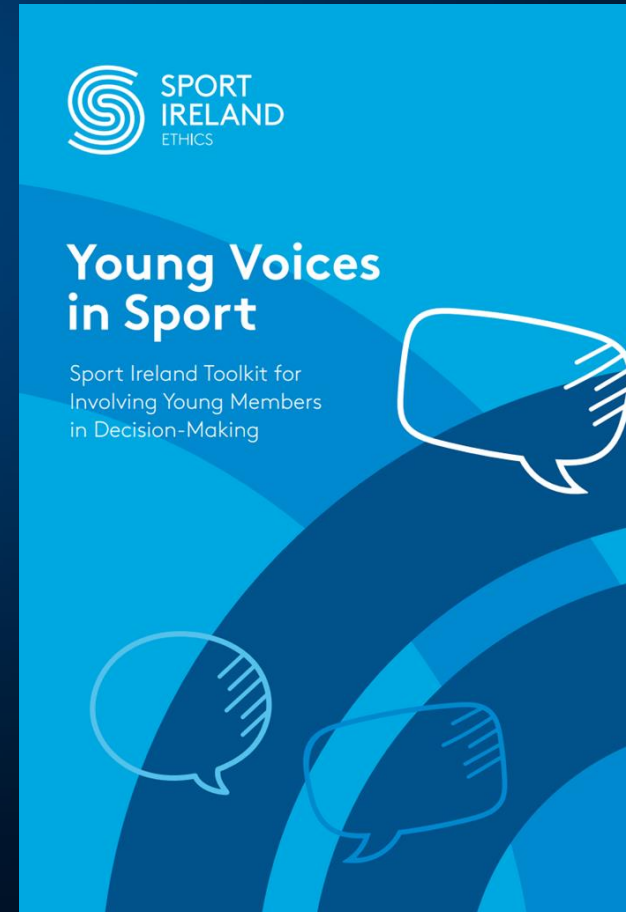
08  
PLAN  
PROGRESSIVE  
PROGRAMMES

09  
USE DIFFERENT  
METHODS TO  
ENHANCE  
LEARNING

10  
USE  
COMPETITION  
IN A  
DEVELOPMENTAL  
WAY

# Young Voices in Sport Toolkit

Young Voices in Sport | Sport Ireland





# ALL ISLAND PHYSICAL LITERACY CONSENSUS STATEMENT

Definition: Physical literacy is the **motivation, confidence, physical competence, knowledge** and **understanding** that enables a person to value and participate in physical activity throughout life.

- RELATED
- ESSENTIAL
- INTER-DEPENDENT
- EQUAL



**Physically  
Literate  
Day**

# sport inclusion disability charter

- **Openness** - Be open to and understanding of all people with disabilities
- **People** - Access training for our staff/volunteers to facilitate the inclusion of people with disabilities
- **Activities** - Develop and deliver inclusive activities
- **Facilities** - Review our facility/venues/equipment to make our organisation more accessible
- **Promotion** - Promote the inclusive nature of our activities, in a variety of formats

**Total Signed Up**  
**1,525**

[Sport Inclusion Disability Charter](#) | [Cara \(caracentre.ie\)](#)



**cara**  
sport • inclusion • ireland

## Xcessible

### club toolkit



[Xcessible Club Toolkit](#) | [Cara \(caracentre.ie\)](#)







SPÓRT ÉIREANN  
SPORT IRELAND

## COACHING TEENAGE GIRLS WORKSHOPS



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógachtaí

**Lifes2good**  
**FOUNDATION**  
improving people's lives





Thank You

[aine.macnamara@dcu.ie](mailto:aine.macnamara@dcu.ie)

[doleary@sportireland.ie](mailto:doleary@sportireland.ie)

